



Chapter 6: Warning Signs – Facilitator Guide

Room Set-Up: A circle, semi-circle, or U-shape would be ideal for discussions and sharing.

Number of Participants: Up to 20.

Approximate Time: 35-45 minutes

Materials

- Flip chart or white board; markers; Embracing Life Youth Voice Toolkit Chapter 6

Learning Objectives

- Identify numerous different warning signs
 - Learn to recognize warning signs in yourself and others
 - Understand the importance of being able to recognize warning signs
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Check-In Questions and Discussion

- How are you arriving today?
- Rose/Thorn/Bud Exercise
 - Rose: One good thing going on in your life right now
 - Thorn: One thing you'd like to work on or improve
 - Bud: One thing you are looking forward to
- What do you think we mean by "warning signs" when we talk about mental health and suicide?

Toolkit Chapter Review and Story (pp. 24-26)

Questions and Discussion (Popcorn Style) – Keep track of responses on flip chart/white board

- What are warning signs? (Define)
- What are some examples of warning signs?
- How can we recognize warning signs in ourselves and others?
- Why is it so important to be able to recognize warning signs?

Toolkit Worksheet Activity (Work in small groups or individually – facilitator's discretion)

Checkout Questions

- How are you leaving today?
- Rose/Thorn/Bud Exercise
 - Rose: What are your favourite takeaways from this chapter?
 - Thorn: Was there anything you didn't like about this chapter?
 - Bud: How will you use what you learned in this chapter to improve your life or the lives of others?